

WEATHER FORECAST

PHILIPPINE DAILY INQUIRER's weather forecast is based on the latest weather information available. It is not a guarantee of the actual weather conditions. The forecast is for general information only and should not be used as a basis for any decision.

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Second FRONT PAGE

Printed on acid-free, 100% recycled paper with vegetable-based inks. 1207/05/05, 2005-07-12

Region	Forecast	Temperature	Humidity
NCR	Cloudy	28-32°C	70-80%
Calabarzon	Cloudy	28-32°C	70-80%
Central Luzon	Cloudy	28-32°C	70-80%
Western Luzon	Cloudy	28-32°C	70-80%
Eastern Luzon	Cloudy	28-32°C	70-80%
Visayas	Cloudy	28-32°C	70-80%
Mindanao	Cloudy	28-32°C	70-80%

'Erap factor' key to Senate battle

By John Lasing (Inquirer), TJ Bungeo and Christine A. Arantes

ALABANG, TRINIDAD, N. Cebu—Senator-elect Rodrigo Duterte yesterday said the next battle is for the Senate presidency with the "Erap factor," referring to deposed President Joseph Estrada, dominating the Senate's new configuration.

Duterte said the issue of who should be the Senate president is important because of the impact it will have on the Senate's ability to make the charges or recommend the removal of public trust against the President.

The Senate president will play a pivotal role in the impeachment, but it is why the Senate president will be elected, Duterte said. He added that if the House of Representatives would elect a president, it would be a sign of disrespect to the Senate, he added, but he did not say whether he would support or oppose the Senate president.

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Drilon claims GMA didn't stop dirty deals

MANILA—Senator Franklin Drilon, who has cut his ties with President Gloria Macapagal Arroyo, said yesterday he would not stop his alleged dealings with the president's inner circle.

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JULY 23
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Lifestyles

US ENVOY'S LAMENT

RP still stuck on 'threshold of greatness'

By Rob Cantor

ALMOST two decades have passed and Filipinos are still stuck in "threshold of greatness."

That was how US Secretary of Defense Donald Rumsfeld bluntly expressed personal sadness over his host country that, in his view, should have moved far ahead following the dramatic ouster of dictator Ferdinand Marcos in 1986.

Monsieur, who was assigned to Manila during the first people power uprising, recalled his thoughts as that time: "How the Philippines had gotten out of Marcos, everything would go perfectly—politically, socially, economically."

He and his wife "really felt that the Philippines was on the threshold of greatness," the diplomat said. "GMA TV is an amazing last night in the course of things. Philippines' rise in the current political crisis."

"It was that they're still on that

same threshold, that they haven't attained the economic power and prestige that they deserve, given the talent and the intelligence of the Filipino people, it just amazes that they still are on that threshold," he lamented.

"On a personal level, it's sad," added Monsiur, who is leaving the Philippines in August for a new post in Cambodia.

Without holding a categorical statement of support to President Gloria Arroyo, the American official mentioned that thinking can support the democratic process and will "uphold" economic development and ending domestic.

By economic means, he would then advocate a military coup, the importance of martial law by the government, or "some sort of people power movement."

"I think all these would be dangerous in the long-term interests of the Philippines and so we would oppose them," he said.

Evangelical churches reject demands for GMA to resign

By Rosette S. Reyes

A COORDINATED group of religious groups formed by President Maunagang Arroyo to create an alternative to the government has found the President herself as the biggest issue it may choose to support in future elections.

Members of the Presidential Council on Values and Ethics (PCVE) last year last taken opposing sides on the question of whether the Chief Executive from legal liability for ruling with an election of total and suppression was not improving the domestic order here.

The Philippine Council of Evangelical Churches, which has been instrumental in the case, is positively opposed calls for the President to resign, saying she deserves the period to duty to start.

PCVE members, who have been seen as the only religious group outside a crisis, the President had a right to due process and should be presumed innocent until proven guilty.

"We cannot treat an individual as a political judgment... it's not for us to make a judgment, but rather we

have already judged her when we set our standards and values," said the President's press secretary in Quezon City yesterday.

The PCVE claims a membership of 24 bishops and more than 100 pastors representing about five million members of Evangelical churches nationwide.

The PCVE's statement has been the decision of the Catholic Bishops Conference of the Philippines to ask the President to resign.

The GPCP also has one representative in the Council, its organizing committee, President Cardinal, as his representative from Bishop Luis Edg.

Cardinal members of the National Council of Churches of the Philippines, had earlier called for the President's resignation.

Anders and the council, which usually issues once a month, had not met for the past two months.

The President is the chair of the council.

The council also has, however, Secretary General, who was among officials who left the Arroyo government last week and demanded the President's resignation.

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health programs that make a difference...
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For more information, visit the PHIL 2002 website.

PHIL 2002 is a project of the Philippine Health Foundation, Inc. (PHF), a non-profit organization established in 1997 to promote health and nutrition research and development. PHF is a member of the Philippine Health Foundation, Inc. (PHF), a non-profit organization established in 1997 to promote health and nutrition research and development.

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Roco twins a match made for show biz

Twins, acting and direction
by Larry Luchessa
Photo by Rocio Hernandez
Illustration by Rocio Hernandez

DONORIC and Jule, known as the Roco twins, are a charming pair. Donoric is 16 and Jule is 15. They are both from the Philippines. Although they look identical, the 10-year-olds have very different personalities, evident in their reactions to our questions.

Both were spotted by JMC in 1997 in "Roco," a reality show competition where viewers voted for to see their faces, on PBA post

1998. In 1998, while filming the young couple should end up in getting a TV reality show competition about such as the one popular with viewers from the beginning because they have all the elements. There's a really good...

First love?
Donoric: Just getting started. Jule: Not yet.
Dreams: What would you like to do?
Donoric: I want to be a director. Jule: I want to be an actor.

You could never know...
Jule: Yes.



MMTA METRO MANILA THEATERS ASSOCIATION MOVIE GUIDE NOW SHOWING

THEATRE	MOVIE	TIME
ANGEL CINEMAS	THE TALENTED MR. RYAN	1:00, 3:00, 5:00, 7:00, 9:00
ANGEL CINEMAS	THE TALENTED MR. RYAN	1:00, 3:00, 5:00, 7:00, 9:00
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MR & MRS SMITH
1:00, 3:00, 5:00, 7:00, 9:00

WAR OF THE WORLDS
1:00, 3:00, 5:00, 7:00, 9:00

MONSTER IN LAW
1:00, 3:00, 5:00, 7:00, 9:00

FANTASTIC FOUR
1:00, 3:00, 5:00, 7:00, 9:00

ALI MALL CINEMAS

FANTASTIC FOUR
1:00, 3:00, 5:00, 7:00, 9:00

WAR OF THE WORLDS
1:00, 3:00, 5:00, 7:00, 9:00

BATMAN BEGINS
1:00, 3:00, 5:00, 7:00, 9:00

ANIMATED COLLEGE EVENTS

CENTER EVENTS

NEW STORES

PERFORMANCES

EXHIBITS

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The largest circulation newspaper in the Philippines (2001 Census) in Metro Manila. Editor: Tony Reyes

Across the NATION



BECOMING Armed Forces chief, Sen. Antonio Trillanes Jr. with soldiers in Divisoria City to tell them today regarding the emerging political situation in Manila.

Local execs in Visayas rally behind President

LOCAL officials in the Visayas provinces of Cebu, Negros Occidental, Capiz and Iloilo have rallied behind President Gloria Macapagal-Arroyo amid calls for her resignation.

At least 100 elected officials in the province and city of Cebu yesterday signed a manifesto, reaffirming their "full and unconditional support" for President Macapagal-Arroyo.

The manifesto, signed by 100 officials, said that the president's leadership is "indispensable" to the country's progress and that she is "the only leader who can lead the country to a better future."

In Iloilo, a group of officials also signed a similar manifesto, expressing their support for the president.

ARMM bets' peace backing sought

COMRANT CITY—A supplementary peace pact in the Bay of Manila will be signed by candidates in the 2002 elections.

Rep. Antonio Trillanes Jr., head of the Presidential Management Team, said the pact is a "first step" towards peace in the region.

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Afable says he'll stay in peace talks

MANILA—Senator Antonio Trillanes Jr. said he will stay in the peace talks with the MILF, despite the fact that he is a member of the opposition.

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GMA backers in 2001 VP race move around to gather sympathy

MANILA CITY—Some of President Macapagal-Arroyo's supporters who helped her win the presidency in 2001 and the vice presidency in 2004 have started looking for sympathy around the country to support her.

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FEDERATION OF PHILIPPINE INDUSTRIES, INC. THE VOICE OF INDUSTRY

STATEMENT OF THE FEDERATION OF PHILIPPINE INDUSTRIES

We businessmen are disturbed by the precipitate actions that are happening in our society today, which may interfere with the reforms that we have called for, and the need to address our pressing economic and social issues.

We believe that President Arroyo's call for the resignation of her entire cabinet is a signal of her resolve to cleanse her cabinet to answer our calls for drastic reforms for the sake of our nation and our people. We respect but deeply regret the call by our friends in the cabinet belonging to the economic and social welfare teams for the President to resign. We have spoken to these friends and respect their decision to do what they have done from their position and perspective as this is their prerogative under a democratic system. We worked closely with these members, we respect them, and we hope that our paths will continue to cross in the service of our country and our people.

In this time of crisis, we must strengthen our resolve to not only call for reforms but to see that they are properly implemented by working together and speaking our minds towards these directions. The statement of the President that she will not allow the work of every department to be impeded calls for each of us to help and to reform where reforms are needed, always addressing the pressing economic and social concerns that confront our people.

We firmly believe that resignation of the president is purely voluntary and cannot be forced upon her.

We also respect the political processes that proceed in every democracy, and urge that every action shall continue to be consistent with the provisions of our constitution.

Businessmen are generally optimistic and see opportunities amidst the challenges that confront us. Let us see how we turn our problems into concrete reforms for the good of all.

Mercado J. Carlos, Jr.
 Chairman

Jesus L. Arana
 President

1000 San Gil Street, 3rd Floor, Manila City 1000
 Tel. No. 844-8224, 844-8225, 844-8226/844-8227
 E-mail: fpic@fpic.com Website: www.fpic.com

Fitting reward for Beermen

San Miguel's reliance on its aging mainstays pays off

By Jane Nevins

MANILA (AP)—There is nothing the Filipino love of beer more than the taste of the highly seasonal, dark, stout that comes from the hills of Luzon.

San Miguel Beer Co. is celebrating its 100th anniversary this year.

The company's first beer was brewed in 1905. It was a dark, stout, and it was called "Pilsener Beer."

The company's first beer was brewed in 1905. It was a dark, stout, and it was called "Pilsener Beer."

"We don't want the beer to be too light," said San Miguel's president, who is also the company's chief executive officer. "We want it to be dark and stout, and we want it to be a little bit different from the other beers in the market."

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TRISTEY 11. Oliver Roca and Zeph Belandina (right) celebrate after scoring the winning basket for the San Miguel Beermen.

Cavite starts hot, rips Iloilo Warriors

MANILA (AP)—San Miguel Beermen (1-0) started hot, rips Iloilo Warriors (0-1) in the first round of the PBA season.

The Beermen won the game 101-81.

The game was held at the San Miguel Sports Center in Manila.

The Beermen's victory was their first in the PBA season.

The game was held at the San Miguel Sports Center in Manila.

The Beermen's victory was their first in the PBA season.

O'Hair, reluctant golfer, nails 1st Tour win

LOS ANGELES (AP)—Michael O'Hair, who has been a reluctant golfer, won the first round of the PGA Tour.

O'Hair won the first round of the PGA Tour.

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O'Hair won the first round of the PGA Tour.



AP/WIDEWORLD Michael O'Hair celebrates after winning the first round of the PGA Tour.

O'Hair won the first round of the PGA Tour.

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O'Hair won the first round of the PGA Tour.

O'Hair won the first round of the PGA Tour.

Fiery Coseteng notches sweep in Touring Car races

MANILA (AP)—Fiery Coseteng, a Filipino racing driver, won the first round of the Touring Car races.

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Kudos to MVP Cup

MANILA (AP)—The MVP Cup, a tournament for the best players in the Philippines, is being held in Manila.

The MVP Cup is being held in Manila.

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The MVP Cup is being held in Manila.



AP/WIDEWORLD A basketball player in a white jersey.

The MVP Cup is being held in Manila.

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SPORTSWATCH

No. 1 mixed doubles pair to hold from clinic

MANILA (AP)—The No. 1 mixed doubles pair in the world, San Miguel Beermen, will hold a clinic in Manila.

The Beermen will hold a clinic in Manila.

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The Beermen will hold a clinic in Manila.

Speedy age-group triathlon starts in Clark

MANILA (AP)—The age-group triathlon will start in Clark.

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TUESDAY,
JULY 12, 2011

PHILIPPINE DAILY INQUIRER

B 1

Email us: business@inquirer.com.ph
Website: www.inquirer.com.ph

BUSINESS

Editor Raul D. Maras
Assistant Editor Corrie E. Nolasca

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T-bill rates rise; 91-day rate at 6.173%



The 30-company Philippine Stock Exchange index dropped 25.04 points, or 1.2 percent, to 1,837.76, dropping a two-day run that saw the market gain 3.3 percent.

The broader CSI Shares Index lost 13.81 points, down to 1,131.74, down from gains of 11.44 points the previous day.

Except for the financial subsector, which gained on the strength of the Bank of the Philippine Islands and the commercial sector, all other subsector indices declined.

After three straight declines, the Nikkei 225, Japan's benchmark stock index, fell 1.1 percent to 11,130.40, while the Dow Jones Industrial Average fell 1.1 percent to 11,130.40.

Bids reflect market's nervousness

By Philanthro Y. Torres

INTEREST rates on short-term government securities rose sharply yesterday although bids for one-year treasury bills were rejected for the fifth consecutive session as uncertainty over the sustainability of the government's fiscal reforms was heightened by the resignation of key economic officials.

The 91-day T-bill auction fell into the trap of 28 bids totaling 1.773 percent, while the yield of the 182-day T-bill increased to 6.173 percent from 6.143 percent.

The 182-day T-bill auction saw two bidders, the Treasury and the Philippine National Bank, with the Treasury winning the bid at 6.173 percent.

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A TRADER watches the market from the floor of the Philippine Stock Exchange. President Macapagal-Arroyo was seen in a surprise crucial breathing space on Monday after Catholic bishops declared no call for a snap election, but investors feared the decision may prolong her worst crisis. Adding to concerns about the economic impact, ratings agency Fitch said work on Monday it had cut its outlook on Philippine debt to negative because of the political crisis. (AP Photo)

Gov't may revive tax on text

THE DEPARTMENT OF Finance said it might be looking for ways to revive the 10 percent tax on text messages that was imposed in 2008.

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WHAT'S INSIDE

Farm goods to get 30% off on fees

Farmers to tap SMC dividends

Connect me if I'm wrong

In adminis-
tration of the

Palace window goes everything, in-
cluding that much-needed but politi-
cally perfidious e-WAT?

BREAKTIME

Conrado R. Banal III



As you probably learned from most opinion makers in media that have a combined IQ equal to a full-size head of cabbage, Gloria-
ta has a so-called crisis group.

In their crisis brainstorming, that group is now trying to decide what to advise Gloria-
ta, among other possible survival tactics, re-
garding the Romeno question.

Lulì, for one, who is the daughter of Gloria-
ta, said to be the most endearing of the Ar-
royo children, works for one of the several
foundations of Roberto Romeno.

He was the foreign affairs secretary during
the Ramos administration, where Romy Riddle
actually fired him, but then he was appointed
an adviser to this cute administration in the
same area of foreign affairs. Imagine that.

Today Bob Romeno is said to be the "ver-
dugo" (i.e., assassin) of the notorious Go fam-
ily in the problematic Equitable PCI Bank.

That's the item on the Palace agenda.

AS MEMBERS of the SSS and GSS, numbering
25 million or so, we actually poured in some
P16 billion of our retirement, death benefits,
and disability funds into Equitable PCI Bank.

In other words, that is money that we paid
for with our blood, no less, and today, six
years after we "invested" it, we have nothing to
show for it.

As we all know, the partner of GSS and
SSS in the acquisition of the former PCIBank
is the Go family. PCIBank was merged with
the Go family's Equitable Bank.

Incidentally, the Go family did not bother
to put in a single centavo in the joint venture
with SSS and GSS, which both contributed
our hard cash.

The Go family simply used the money of the
bank, the very same bank we own, to cover for the
family's P16-billion stake in the joint venture.

In effect, the Go family is robbing us—all of

the 25 million or so members of the GSS and
the SSS—by using the money of the bank to
slam their way to its control.

And this Bob Romeno is helping the Go fam-
ily control the bank, supposedly by providing
them the political connection, even if they are
on the wrong side.

WELL, it looks that way, at least to us down
here, who happen to be among the 25 million
members of the SSS and the GSS.

But the big money question is, how close
is this Bob Romeno really to Gloria-
ta personally? Does he use other people in the Palace
such as Tere Alcaraz?

Well, word is going around that Bob Romeno
is also dropping the name of presidential
daughter Lulì in his protection racket.

And that, ladies and gentlemen, is what we
call the Malacanan crisis committee. They do
not want millions of SSS and GSS members to
shed the magic words: "Resign, resign, resign!"

NOW, the brother of Bob Romeno is actually the
head of the Malacanan Business Club, or MSC, who
is none other than lawyer Ricardo Romeno.

Only a few days ago, the MSC did to Gloria-
ta what it did to the man named Band —
Writ Band. And that was, it said the magic
word, "resign."

It turned out that the MSC lamed the posi-
tion to media, even without consulting its
members.

Coincidentally, Dick Romeno used to be the
chair of Equitable PCI, during its crisis of severe
"bank run" right after the ouster of Writ Band.

Up to this day, his law firm, Romeno Malacanan
Businessmen, still gets a lot of business
from the Go family, particularly regarding Equi-
table PCI.

And what can that tell the Malacanan crisis
group? Well, it seems that the Romeno brothers
are playing both sides of the political game.

Either way the political tide goes, the
brothers win.

BOB Romeno heads the three "independent"
directors in Equitable PCI that are keeping the
Go family in control of the bank.

They are, aside from Bob Romeno, former
Ambassador Cesar Bautista, and former
diplomat Tony Basilio. It is said that Bob Romeno
"recruited" the other two.

With the five board seats of the Go family,
which they got by not putting up a single centavo
in the joint venture, the "independents"
make up the majority in the board.

What are the SSS and the GSS doing about
this? Well, only the GSS is determined
enough to stop this foolishness. The SSS acts
like an innocent bystander.

SSS president Con de la Paz sits in the Equi-
table PCI board. She was also elected head
of the International Social Security Association,
which is based abroad.

That's why she has been busy traveling
abroad lately, even when the SSS is getting
clobbered in the Equitable PCI board meet-
ings, mostly regarding our investment there.

FRANKEZ, De la Paz has been intimating to
people her close personal friendship with
the Romeno brothers, both Bob and Dick.

Whether or not that's the reason why
the SSS failed to discover the P16-billion scam
done by the Go family on our bank, is
hard to say.

But how could an expert auditor not have
discovered what on the surface looked like an
out and out fraud?

Look, it is all states in the annual reports
of the bank for the past six years.

By the way, De la Paz is also the trans-
former of the MSC, and so it
is possible that she also
did not know about the MSC scam of the
magic word.

Do you think, boss,
that De la Paz should
resign from the SSS,
before we lose every-
thing in Equitable
PCI? Me, too!

BECAUSE of the
many problems be-
setting the bank, one
of these days some-
body can pick it up
cheap, such as the
lord bidder himself,
billionaire John Gokongwei Jr.

In fact, the Go fam-
ily (with the "inde-
pendents" of course)
kept a swap deal with
Gokongwei from the
GSS and the SSS.

The secret was that
the Go family would
swap the 10-percent
"treasury shares" in
Equitable PCI with
Gokongwei's shares in
the small Robins-
on's Savings Bank.

The Go family used
more than P6 billion
of the bank funds to
pay partly for their
Bills of only 50

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Are Filipinos sadomasochists?

INNER AWARENESS

JUSTINE T. LICANORO



If we merely only see mass media to know what's happening in our country today, we would certainly be seeing good things. In fact, this country is really going down the tubes.

It's really strange and rather amazing how we seem to enjoy seeing and reading about the suffering of our people and television, especially in high places in power, seem, at high viewing, keep on glued to our television sets and radios. We can't resist them enough of them.

Psychiatrists have a name for it a sadomasochism, a form of masochism is a pathological mental condition in which a person derives pleasure from inflicting or pain and in inflicting pain on others. The most popular way appears to be the reality danger entertainment and the mass media's reflecting the one thing in the world, which is human in good sense, for only bad things get reported. And we love to ponder the smallest details. If there was a rape, people would want to know the hard details of how it was done and so on.

These days, the level of attention of the country is the reported wrongdoing of the police in high places in government, as if this is something new. So the people's hunger for details seems insatiable and the mass media are giving what the people want, no matter how bad we may look to the outside world, or there others on the economy.

While other countries like police to discipline and even hate the bad things happening in their country, highlighting only the good ones, we Filipinos tend to do exactly the opposite. We enjoy displaying our city's crime in public and sports good reports. And we wonder why our country and our people have such a bad image abroad.

If we don't see them as links in a chain, how can we expect them to respect us?

Heavenly thoughts seem to dominate the average Filipino's thinking process, despite our legendary dishonesty, hospitality and sense of humor.

We do not mind our families. The education, time consuming and very strict, internal control mechanisms in our businessmen processes are based on the assumption that nobody can be trusted to do the right thing, that everybody will cheat, given the chance. That's why it is big, four-page news when a lady police or a taxi driver makes a bad job causing hundreds of thousands of cash. The one expects himself to be right thing.

Although revolution against our government officials to be completely honest and incorruptible, we like to pretend that they are. And that's why when there's a hint of, worse, even those that an assembly has been perpetrated by no less than the highest official of the government, everybody claims that it's for the common good, as if we can find someone honest and incorruptible than the incumbent one.

Chris said, "The who is without sin should not be the first stone." Maybe we should use this in all kinds of present, past or future education, business and incorruptible than the incumbent one.

It seems all about religion in our world. There we never realized our law is our best before, not necessarily right.

Let's take a close look at all the current president's answers and all those asking him to step down, are they any better than the people they are criticizing? The who is without sin should not be the first stone." This should be not a threat during these very times.

It cannot be denied that President Gloria Arroyo has committed a gross mistake and it is a gross mistake to think, if she did not so easily do so, that may I know if there is any incumbent high level politician, past or present, who did not do so at all?

This, of course, does not absolve a crime, if a crime had indeed been committed. If so, all

the present-day situation of our country only highlights our people's hypocrisy and our political and moralism immaturity.

As a people we seem to reflect from a collective basis that we are unable to handle or transcend, only by a drastic shift in consciousness or awareness will we ever see real progress in all aspects of our society. Another revolution or change in government will not achieve this, unless accompanied by enlightened citizenry and leadership.

We, as a people, have already suffered too much in the hands of our politicians. But it will take time for more change to come out of sadomasochism. We have to inflict pain and suffering on our people and to experience pain-inflicting ourselves.

The latest move by certain sectors of our society is a call for a "Truth Commission" to bring out what really happened during the last elections. But as I have always said, "Finding truth is not so hard, what is hard is not to run away from the truth once we have found it."

Address letters to this column to Prince Alan C. Licanoro Jr., Laguna Village, Alabang City, 1604 SCORPIO or 1604, for information on astrology / numerology / karmic / relationship tips, email: alan@alanlicanoro.com or alan@alanlicanoro.com. Visit <http://www.alanlicanoro.com>. Call 0917-88888888 or 0917-88888888 in my child's multi-program 7:30-8:30pm, every Sunday.

Negative thoughts seem to dominate the average Filipino's thinking processes

Get more accurate measurements

- The most accurate scale is the type your doctor uses. However, make sure the scale is calibrated from time to time.
- The scale should be set on an even surface. Avoid using a scale on carpets, which can distort the results by 1 percent.
- Don't become obsessed with the scale. When you measure regularly, it's an assumption to be a little smaller than to weigh more than you think you should. This is why weighing yourself should not be the only method you use.
- Your measurement also changes during the day as you accumulate more fat, water and clothing.
- Do not measure yourself before or during your period to avoid getting a "bloating" measurement.
- Take your chest and waist measurements as you exhale naturally. They are only finding yourself by cheating with a forced exaggerated relaxation.
- Use the tape at the nipple line.
- Measure at the widest portion. People note that the difference between the two is the widest part of the torso and take your measurements there every 2 years. Body shape seems strongly out of place.
- Tape measure at the widest part across your buttocks.
- After three inches show above or around the widest part.
- Tighter measure at the largest part of the rear of your lower thighs.
- Gauge four inches below the knee around the widest part.
- According to Edward J. Raftery, author of "Shape Your Shape," a tape measure can tell you whether your body is in the shape of a cone, sphere, oval or hourglass.
- Once Chen and wait on subjects to do an measurement while legs and thighs are significantly smaller than the chest.
- Spine: The significant difference between chest and waist but a small one difference between hips and chest.
- Before Chen, waist and hips are relatively close in measurement.
- Hourglass: There is at least a 4-inch difference between chest and waist and between hips and waist. The measurement of chest and hips is nearly within a couple of inches of each other.
- Clothes & waist: The most practical way to measure yourself is the way you (Chen) fit. A tight pair of pants or a leather belt are good evidence of weight gain or loss. Also I gained 20 pounds with no increased weight, my favorite jeans were the best and most striking change of my weight-loss progress. At first, I couldn't even get the jeans past my thighs. Later for belts, I can slide my thighs going high, slip up without tearing the belt, and eventually wear them comfortably.

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EXERCISE OF THE WEEK

V-sit with rubber band bummer curl



- THIS EXERCISE** strengthens the lower abdominals and lower back muscles as well as the quadriceps, muscles in front of the thighs. It also develops balance.
- Equipment:** Exercise mat and rubber band or tubing.
- Start in the beginning:**
1. Sit with knees bent and feet flat on the floor.
 2. Loop the rubber band around the arch of your feet.
 3. Tighten your abdominal muscles and lean backward. Arms are slightly bent and the palms are facing each other.
 4. Extend as you roll the rubber band to your shoulders. Inhale as you lower down.
 5. Do the desired number of repetitions.
- Repetition:**
1. Keep your abdominal muscles tight with your back straight as you lean backward, avoid rounding. Your abdominals and lower back are working in unison to maintain the position of your trunk.
 2. This is an advanced exercise. Begin with a rubber band.
 3. If you feel pain in the lower back or neck, stop the exercise.
 4. To prevent the rubber band from accidentally slipping, make sure it is looped under the arch of your arches. Then, should the band slip, close your eyes immediately to prevent them from injury.
 5. Always stretch your back for 10 minutes after sitting. A 10-minute sit with a rest.
- Repetition:**
1. 10-15 repetitions.